



Now available to State of Michigan employees showing your state ID card:

A **FREE WEEK PASS**  
To try **The Blitz**

**20 MINUTE  
TOTAL FITNESS  
FOR MEN**

**\*\$75 discount**  
off membership  
registration

## Meeting the High Standards of Men's Fitness

The Blitz Challenge consists of bi-directional resistance equipment plus an effective cardio workout using heavy punching bags. Thirty seconds are spent on each machine and cardio station making the workout continual, effective, and ***fast!***

### *Some of the Benefits You'll Receive:*

- ONLY 20 MINUTES!
- Healthier heart
- Stronger joints
- Higher self-esteem
- More energy
- Lower cholesterol
- Clearer thinking
- Increased productivity
- Better blood circulation
- Increased flexibility
- Lower body fat

### *Great for Men of ANY Age!*

\*\*\*\*\*

State of Michigan employees showing their state ID card  
will receive a discounted membership and free gift :

**\$49.00 Registration fee** (Normally \$124.00)\*

- Free pair of Fist Protectors\*
- Offer extends to Family and Friends (if signing up at the same time)\*

\* Based on a Minimum 12 month contract



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Locations

Click below for addresses, maps,  
and other details on **Blitz Facilities** in Michigan:



**20 MINUTE  
TOTAL FITNESS  
FOR MEN**

### **Battle Creek**

**7175 Tower Rd  
Suite F  
Battle Creek, MI 49014  
(269) 441-8888**

[Visit website](#)

### **Canton**

**8577 N. Lilley Road  
Canton, MI 48187  
(734) 459-1405**

[Visit website](#)

### **Chelsea**

**12855 East Old US 12  
Suite 3  
By the I-94 Exit-  
(Just west of Fletcher Rd)  
Chelsea, MI 48118  
(734) 475-4257**

[Visit website](#)

### **Livonia**

**18760 Middlebelt Rd  
South of 7 Mile -  
(Next to Blockbuster Video)  
Livonia, MI 48152  
(248) 427-9770**

[Visit website](#)

### **Midland**

**3126 N. Jefferson  
(at the Circle Plaza)  
Midland, MI 48640  
(989) 631-3868**

[Visit website](#)

### **Pinckney**

**5589 E M-36  
(M-36 & Chilson Rd)  
Pinckney, MI 48169  
(810) 231-1237**

[Visit website](#)

<http://www.timetoblitz.com/the-blitz-intro.html>